

John Murray, Editor

September Issue

Port Townsend, Wash.

Here We Go Again

In the July issue of Wash. Massage News you read a list of names of members who will write articles during the year and the month in which each will contribute. This list should be kept for ready reference by those who were chosen. This procedure was worked out in order to add spice to the dull fare dished out by your state chapter president during the past year. I personally insisted that the practice of depending upon the president to exert all of the literary labors is not fair to the readers. There is no sauce or seasoning that can make his literary hash palatable to those who do not like him or agree with him. Others may be able to stir up, mix or otherwise concoct a more savory dish. Mine often came out scrambled or scorched. Sometimes it resembled smorgasbord.

Some members insist, however, that I write a short article or message each month! I shall try to give you something of practical value and I hope each member will do likewise. This will illustrate what I mean.

One of my hobbies has long been the study of herbs and experimentation with herb formulas for various purposes. I have found many valuable formulas in various books which are available in Health food stores or from herb companies. I have worked out other valuable formulas of my own and Mrs. Eitreim and I always keep them on hand and depend on them instead of drugs and medicines and shots. Long before antihistamines, alka-seltzer and penicillin, I had worked out a very effective and satisfactory formula for colds, influenza, sinus and bronchial trouble, chills, feverishness, sluggishness and general out-of-sorts conditions. As you know, a Massage Therapist cannot diagnose illness or prescribe medicines. He cannot so much as "prescribe" a glass of cold water and tell his patron that it will make him feel better. If he predicts the patron or patient will feel better, the law in some states accuses him of "prognosing!" There is no law, however, that can prevent a Massage Therapist from purchasing dry herbs for the use of his family and himself. There is no law that can prevent some member of his family from steeping herb tea and giving it to a patron to drink, or giving him or her some dry herbs with instructions for using them. Mrs. Eitreim has given hot herb tea to many a patron who had a bad cold. This would be followed by a steam bath. The results were usually very good. If the cold was well advanced, she usually gave them enough of the herb mixture to make 2 or 3 cups per day for 2 or 3 days in the patron's home. It is the only remedy Mrs. Eitreim and I ever use for the conditions I have named, and whenever we are out-of-sorts.

Here is the formula. Use all powdered herbs.

Pleurisy Root - 1 oz. (Ounce)	Black Cohosh - 1 oz.
Goldenseal - 1 oz.	Gum Myrrh - $\frac{1}{2}$ oz.
Labelia herb - 1 oz.	Capsicum - $\frac{1}{2}$ oz.
Comfrey Root - 1 oz.	Licorice Root - 1 oz.

Mandrake Root - 1 oz.

Mix all the herbs thoroughly by shaking in a fruit jar.

Dose: Steep 1 level teaspoon in a large cup of boiling water in a covered porcelain or stainless steel vessel for 20 minutes. Stir once or twice while steeping. Do not boil. Strain off the tea and drink. Drink 2 or 3 cups per day if necessary to break a cold or "flu".

These herbs and hundreds of others, can be ordered from Indiana Botanic Gardens, P.O. Box 5, Hammond, Indiana. Be sure to specify powdered herbs. Their price is 35 cents per box of each herb, and 20% additional on the total amount for parcel postage. The net weight of the herb in each box varies somewhat, but is usually one ounce or more, except Goldenseal. This herb is expensive. A box usually contains one-third of an ounce and you will need three boxes.

Those who live in Spokane can probably obtain the herbs from Stowell Drug Co., W. 421 Sprague Ave. If Stowell does not have powdered comfrey, buy the granulated comfrey separately and add a little to the hot water when steeping tea.

Please let me know whether or not you like this type of article, and help yourself to my herb tea. Skoll! Go ahead and make a face. It is no worse than the moonshine we drank in the good old days and it is better for a cold. I hope Jess Williams will tell us about his Quick-Relief.

Pete I. Eitheim. R.M.T.

THE CASE AGAINST ALUMINUM

Unlike magazines which are concerned about offending medical advertisers, the Washington Massage News publishes anything it deems to be of vital importance to its readers. The following was sent to us by Arthur Dunbar:

It is by Doctor H. A. McGuigan, on findings for the Federal Trade Commission in the document case No. 540., Washington, D.C.

"Boiling water in aluminum produces hydro-oxide poison. Boiling an egg in aluminum produces phosphate poison. Boiling meat in aluminum produces chloride poison. Frying bacon in aluminum produces a powerful narcotic acid, which in large doses, causes sickness, or in excessive doses, causes death. All vegetables cooked in aluminum produces hydro-oxide poison, which neutralizes the digestive juices, robbing them of their value to digest food, producing stomach and gastro-intestinal trouble, such as stomach ulcers and colitis. Aluminum poison will produce acidosis which destroys the red blood cells, producing a condition similar to anemia.

The sale of aluminum cooking utensils is prohibited in Germany, France, Belgium, Great Britain, Switzerland, Hungary and Brazil."

If all printers were determined not to print anything till they were sure it would offend nobody, there would be very little printed.

Benjamin Franklin

THE CASE AGAINST ALUMINUM

Unlike many other metals, aluminum is not considered about as important as it seems to be of vital importance to the human race. The following has been sent to me by Arthur Danks:

It is by Doctor H. A. McGowan, on findings for the Federal Trade Commission in the document case No. 100, Washington, D.C.

"Boiling water in aluminum produces hydro-oxide poison. Boiling an egg in aluminum produces phosphate poison. Boiling meat in aluminum produces chloride poison. Trying bacon in aluminum produces a powerful narcotic acid, which in large doses, causes aluminum, or in excessive doses, causes death. All vegetables cooked in aluminum produce hydro-oxide poison, which neutralizes the digestive juices, robbing them of their value to digest food, producing sickness and intestinal trouble, such as stomach ulcers and colitis. Aluminum poison will produce scidosis which destroys the red blood cells, producing a condition similar to anemia."

What Fools We Mortals Are!

It has been stated that error perpetuates itself. This is sadly true. An idea can be proclaimed as the ultimate in truth or wisdom and when repeated often enough and long enough it becomes firmly rooted in the minds of the people, regardless of its merit. This fact is well known to advertising men and propagandists. This is certainly true where health is concerned. We blindly follow those who exploit us for their own profit, and we call it progress. No individual or group can be blamed. We are all equally guilty of cupidity, avarice and ignorance.

Man could not be content to live as a child of Nature in a Garden of Eden, eat of the meats, fruits and plants in their natural rawstate and use Nature's herbs, roots and barks to remedy his slight discomforts. Oh no, he set about improving upon Nature's plans, purposes and methods. He defied God and Nature. He clothed his body because the body God had created was evil in man's evil mind. In his stupendous arrogance and egotism he created a God in his own image and likeness. He created a heaven to serve as a refuge or sanctuary from his own misdeeds and exploitations. Thus he also created a hell on earth in which he was doomed to bitter toil, disease, and death at an early age.

From the standpoint of health, Man's errors are many. Among them are the destruction of life-giving and health-promoting properties in foods by cooking them. Next, the use of grains, which were intended by nature as feeds for birds and poultry which are equipped with crops and gizzards containing mineral-rich gravel and grit to balance the grains.

Scientific research has finally caught up with this fact. Then came sugar, which nutritionists now declare a deadly substance. Then followed the refining, devitalizing and chemicalizing of grains and sugar. This trash now constitutes the bulk of the average diet. Man subsists largely on the "forbidden fruit," and reaps the consequences of his perverted appetite.

Man has now almost forsaken the marvelous herbal remedies of nature, in favor of his own dangerous "scientific" concoctions. Eclectic and Homeopathic medicine, which once gave us amazingly effective but harmless remedies, are now sneered at and suppressed by the hypo-happy fraternity. The man in the street, thinking himself modern and wise, joins the howling wolf pack that snaps and snarls at so called quacks and faddists who do not conform to popular opinion. He should realize that popular opinion is molded by those who profit from his gullibility.

Man has surely compounded his felony and sealed his fate. Civilized man will not be destroyed by a revengeful God but by the colossal and monumental folly he calls civilization. When he is gone, the remaining primitive tribes will come out of the wastelands and inhabit the land.

Peace, health and happiness will become normal conditions again and man will again become a living Soul. He will have the vibrant health of an unspoiled Eskimo, the powerful physique of a Maori, the laughter of a Polynesian and the heart and mind of the Great Master.

I respectfully suggest that you read the book 'Nutrition and Physical Degeneration' by Weston A. Price, D.D.S. Order it from Lee Foundation for Nutritional Research, 2023 W. Wisconsin Avenue, Milwaukee, Wisc. Price \$7.50 postpaid. I promise you this book will be an eye-opener. You can also profit greatly from reading the book "You Can Live Longer Than You Think", by Daniel C. Munro, M.D. Price \$3.00 postpaid from the same foundation.

A prominent minister recently came to me for treatment of a very bad spine. Aches and pains were not his only troubles, however, he had been treated for 6 months by a Naturopath and a medical doctor for stomach ulcer, nausea, loss of appetite, a spastic pyloric valve, colitis, extreme nervousness and a rundown and emaciated condition in general. In spite of the care he had received from his doctors, his condition had not improved. I realized he needed more than my treatments and sent him to a man who had cured himself of similar troubles. He recommended this mixture of herbs to be used in making herb tea.

Calamus Root - 2 oz.	Fragrant Valerian - 1 Oz.
Comfrey Root - 2 oz.	Licorice Root - 1 oz.
Culver's Root - 1 oz.	Do not use powdered herbs.

The minister purchased these herbs, mixed them well, and steeped a cup of tea before each meal 3 times daily. He used a heaping teaspoon of herbs in each large cup of boiling water and steeped them for 20 minutes in a covered stainless steel pan, stirring them once or twice and then straining off the tea. (Do not boil them)

After using the herb tea for a week he came to me for another treatment. I was amazed to see and hear the improvement in his condition. His stomach distress and nausea were gone and his appetite was good. His colon gave him no more trouble. His nerves were steady, his color was good and he slept soundly every night. His happiness and gratitude were almost embarrassing. (Use $1\frac{1}{2}$ or 2 ozs. culver's Root for jaundice.)

Medical science with its highly advertised drugs and naturopathy with its electrical gadgets failed again, as they so often do, while Nature triumphed as she usually does if we learn to understand her.

Respectfully submitted
Pete I. Eitrein, R.M.T.
Pres., Wash. Chapter